



57 IDEAS
for delicious
Salads and Dressings



**HEINZ
MALT VINEGAR**

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**HEINZ
CIDER VINEGAR**

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**HEINZ
WHITE VINEGAR**

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**HEINZ
TARRAGON VINEGAR**

(57)

MUCH ADO ABOUT SALADS



► Nobody knows the name of the first ingenious woman who served up a lettuce leaf or two with dressing—and called it a salad. But everybody knows what a popular, versatile part of the American cuisine the salad has become! This universal favorite can be pretty as a picture—a sturdy, he-man dish full of chopped meat or seafood—or merely a tempting disguise for vegetables and fruits.

► To give your salad courses greater variety and appeal, the Home Economics staff of H. J. Heinz Company presents these 57 ideas for nourishing and attractive vegetable, fruit, molded, meat and main-dish salads. We've also included a number of recipes for delicious and distinctive dressings. And you'll find many helpful hints for cutting down preparation time and insuring better results.

► We hope you will enjoy using this booklet—and that it may inspire you to novel salad ideas of your own!

DRESSING A SALAD CORRECTLY

► There's an old Spanish proverb about salad dressings requiring the work of *four* people—a spendthrift for oil, a miser for the vinegar, a counsellor for salt and a madman to stir it up! We'd like to add a fifth—a wise soul who knows which dressing to serve with each salad!

► While there are no set rules, it is a generally accepted fact that French dressing is best for leafy and fruit salads; Mayonnaise glorifies molded, main-dish or heavier salads; and cooked salad dressing is ideal with almost every kind of salad under the culinary sun!

► In this booklet you will find not only three basic recipes for these dressings but unusual, tasty variations of each kind! They're all easy to prepare—and you'll be surprised at what a delicious difference they make in your salads!

► Then, of course, some folks like to use plain oil and vinegar, seasoned to taste, for their tossed salads. Heinz Vinegars are perfect for this purpose.

FRENCH DRESSING

(Foundation Recipe)

Combine in flask

- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon sugar
- $\frac{1}{4}$ teaspoon paprika

Add

- $\frac{1}{4}$ cup Heinz Cider, Distilled White, Malt, or Tarragon Vinegar
- $\frac{3}{4}$ cup salad oil

Shake well. Chill. Shake before serving. (Yields 1 cup.)

CHIFFONADE FRENCH DRESSING

To foundation recipe add 2 tablespoons chopped parsley, 2 teaspoons chopped onion, 1 hard-cooked egg, chopped, $\frac{1}{4}$ cup chopped cooked beets. (Yields $1\frac{1}{4}$ cup.)

HONEY FRENCH DRESSING

To foundation recipe add 1 tablespoon honey. (Yields 1 cup.)

KETCHUP-ONION FRENCH DRESSING

To foundation recipe add $\frac{1}{2}$ teaspoon onion juice or $\frac{1}{4}$ cup chopped Heinz Pickled Onions, and 1 tablespoon Heinz Tomato Ketchup. (Yields $1\frac{1}{4}$ cups.)

ROQUEFORT FRENCH DRESSING

To foundation recipe add $\frac{1}{4}$ cup crumbled Roquefort cheese. (Yields $1\frac{1}{4}$ cups.)



VEGETABLE FRENCH DRESSING

To $\frac{1}{2}$ cup foundation recipe add 2 tablespoons Heinz Tomato Ketchup, 2 tablespoons finely chopped celery, 2 tablespoons chopped green pepper, 1 teaspoon finely chopped onion. (Yields $\frac{3}{4}$ cup.)

NOTE: If desired, add $\frac{1}{4}$ cup sliced red radishes and one carrot, sliced very thin.

JELLY FRENCH DRESSING

Beat with a rotary beater

$\frac{1}{3}$ cup Heinz Apple Jelly

Add

2 tablespoons lemon juice

2 tablespoons Heinz Cider Vinegar

$\frac{1}{2}$ cup orange juice

2 tablespoons honey

Beat thoroughly. Chill. Serve on fruit salads. (Yields $1\frac{1}{2}$ cups.)

CREAM FRENCH DRESSING

Combine and blend well

1 3-oz. package cream cheese

$\frac{1}{3}$ cup Heinz Cider Vinegar

Add

4 teaspoons powdered sugar

$\frac{1}{2}$ teaspoon cinnamon

1 teaspoon paprika

1 teaspoon salt

Mix well. Whip in

$\frac{1}{4}$ cup salad oil

Serve with fruit salads.
(Yields $1\frac{1}{2}$ cups.)

MAYONNAISE DRESSING

(Foundation Recipe)

Mix together

- 1 teaspoon Heinz Prepared Brown or Yellow Mustard
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- $\frac{1}{8}$ teaspoon paprika
- $\frac{1}{4}$ teaspoon sugar

Add and beat well with rotary or electric beater

1 egg

Gradually, at first by drops, beating constantly, add

$\frac{1}{2}$ cup salad oil

Add alternately, beating well after each addition

3 tablespoons Heinz Cider Vinegar
 $1\frac{1}{2}$ cups salad oil

Mayonnaise should be stiff enough to hold its shape. (Yields $2\frac{3}{4}$ cups.)



PINEAPPLE DRESSING

Whip $\frac{1}{2}$ cup whipping cream until stiff. Fold into $\frac{1}{2}$ cup foundation recipe. Add $\frac{1}{2}$ cup well drained, canned, shredded pineapple and mix gently with fork. (Yields 2 cups.)

CREAMY MAYONNAISE DRESSING

To 1 cup foundation recipe, add 2 tablespoons thin cream, $2\frac{1}{2}$ teaspoons Heinz Worcestershire Sauce, $\frac{1}{4}$ teaspoon salt, $\frac{1}{2}$ teaspoon sugar, and 1 tablespoon Heinz Cider Vinegar. (Yields $1\frac{1}{4}$ cups.)



THOUSAND ISLAND DRESSING

To 2 cups foundation recipe or any good commercial mayonnaise add $\frac{1}{4}$ cup Heinz Chili Sauce, 2 tablespoons chopped green pepper, 2 tablespoons chopped stuffed Spanish olives. (Yields $2\frac{1}{2}$ cups.)

SPICY MAYONNAISE DRESSING

To $\frac{1}{2}$ cup foundation recipe add $\frac{1}{4}$ cup Heinz Tomato Ketchup and 1 teaspoon ginger. (Yields $\frac{3}{4}$ cup.)

COOKED SALAD DRESSING

(Foundation Recipe)

Combine

- 2 to 3 tablespoons sugar
- 1 teaspoon salt
- 1 teaspoon Heinz Prepared Brown or Yellow Mustard
- $1\frac{1}{2}$ tablespoons flour
- 1 egg
- $\frac{3}{4}$ cup milk
- 1 tablespoon butter.

Blend thoroughly. Cook over hot water, stirring constantly, until thick.

Add

- $\frac{1}{4}$ cup Heinz Cider or Distilled White Vinegar

Cool. (Yields $1\frac{1}{4}$ cups.)

CREAMY VEGETABLE DRESSING

To foundation recipe, when cool, add 1 cup finely diced celery, $\frac{1}{4}$ cup finely diced carrot, and $\frac{1}{4}$ cup finely diced green pepper. (Yields $2\frac{1}{4}$ cups.)

MUSTARD DRESSING

To foundation recipe, when cool, add 2 tablespoons Heinz Prepared Yellow Mustard. (Yields $1\frac{1}{3}$ cups.)

WHIPPED CREAM DRESSING

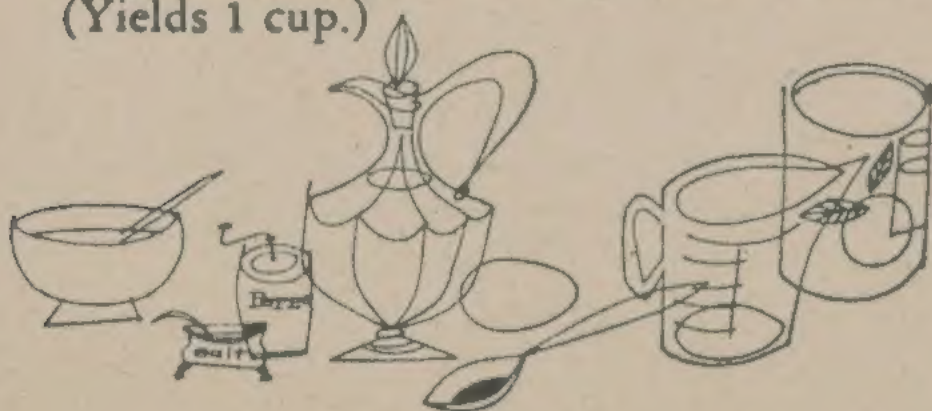
To foundation recipe, when cool, fold in $\frac{1}{2}$ cup whipping cream, whipped. (Yields 2 cups.)

RUSSIAN DRESSING

Combine 1 cup Cooked Salad Dressing, $\frac{1}{4}$ cup Heinz Chili Sauce, 2 tablespoons minced green pepper, 1 tablespoon Heinz Cider Vinegar, $\frac{1}{2}$ teaspoon paprika, $\frac{1}{2}$ cup top milk, and 1 hard-cooked egg, finely chopped. Shake in a pint jar until thoroughly mixed. Chill. (Yields 2 cups.)

COOKED FRUIT SALAD DRESSING

Combine, blending thoroughly after each addition, $\frac{1}{4}$ cup sugar, $\frac{1}{2}$ teaspoon salt, $1\frac{1}{2}$ tablespoons flour, 1 egg, $\frac{3}{4}$ cup pineapple juice or $\frac{1}{2}$ cup pineapple juice and $\frac{1}{4}$ cup orange juice, and 2 tablespoons Heinz Cider Vinegar. Cook, stirring constantly, until very thick. Cool. (Yields 1 cup.)





OLD-FASHIONED COLE SLAW DRESSING

Beat slightly

2 eggs

Add, blending well

$\frac{1}{2}$ cup water

$\frac{1}{2}$ cup Heinz Cider Vinegar

$\frac{1}{4}$ cup honey

1 teaspoon salt

$\frac{1}{8}$ teaspoon pepper

**$1\frac{1}{2}$ teaspoons Heinz Prepared
Yellow Mustard**

Cook, stirring constantly, until thickened. Cool. Serve on shredded cabbage. (Yields 2 cups.)

SOUR CREAM DRESSING

Combine

2 tablespoons sugar

$\frac{1}{2}$ teaspoon salt

**1 tablespoon Heinz Prepared
Yellow Mustard**

Mix well. Add

**3 tablespoons Heinz Malt or
Distilled White Vinegar**

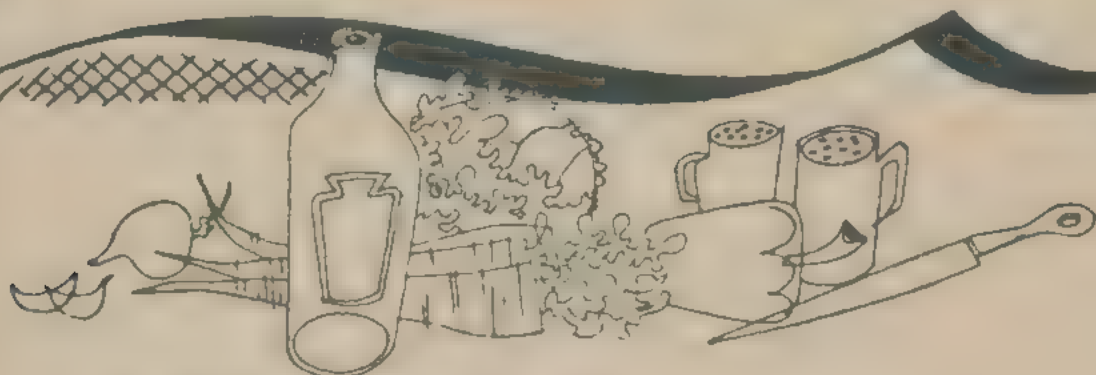
$\frac{1}{2}$ cup thick sour cream

Blend well. (Yields $\frac{3}{4}$ cup.)

VEGETABLE SALADS

► Fresh, crisp vegetable salads have a universal appeal. And since modern freezing and transportation methods make fresh vegetables available throughout the seasons, these salads can be served the year 'round.

► You'll find the salads on the following pages have several virtues—including ease of preparation, colorful appearance and an abundance of vitamins and minerals!



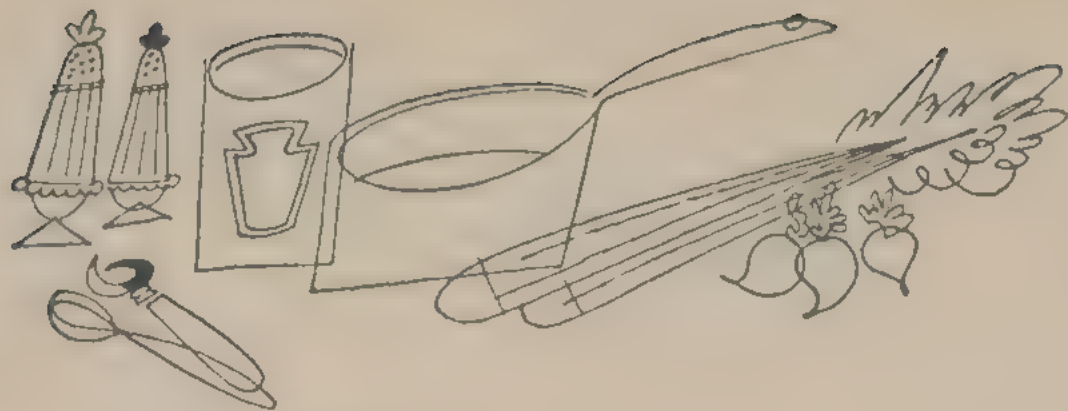
BASIC COLE SLAW

Combine

- 4 cups finely shredded cabbage
- 1 green pepper, julienned
- Few drops onion juice
- 1 teaspoon salt
- 1 tablespoon sugar
- Dash pepper

Blend

- 4 to 5 tablespoons Mayonnaise
(page 7)
 - 2 tablespoons Heinz Cider Vinegar
- Pour over cabbage mixture. Mix well and serve in nests of crisp lettuce. (Serves 8.)



BEAN SALAD

Drain

- 1 16-oz. can Heinz Oven Baked Beans, Boston Style**

Mix Beans with

- 1 cup chopped celery**
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{8}$ teaspoon paprika

Marinate in French Dressing (page 5). Chill. Drain. Arrange on nests of crisp lettuce. Make

- 6 radish roses**

Place one radish on each salad. Serve with Russian Dressing (page 9). (Serves 6.)

CHEF'S SALAD

Line a bowl with

- 6 lettuce leaves**

Shred remaining head lettuce and

- $\frac{1}{2}$ bunch endive**

Place in another bowl

- 1 cup cooked or raw peas**
1 cup julienned celery
6 radishes, sliced
2 cups cubed bologna

Toss lightly with

French Dressing (page 5)

Serve in bowl lined with lettuce. Garnish with 2 hard-cooked eggs, sliced. (Serves 8.)

PICKLED BEETS AND EGG SALAD

Combine and boil for 5 minutes

- 1 cup Heinz Distilled White Vinegar**
 - $\frac{3}{4}$ cup water**
 - $\frac{3}{4}$ cup juice from cooked beets**
 - 2 tablespoons sugar**
 - Dash salt**
 - 2 tablespoons mixed whole spices**
- Strain and chill. Pour over
- 2 cups cooked beets**
 - 6 hard-cooked eggs**

Let stand for several hours. Halve or slice beets and eggs and arrange on lettuce leaves. Garnish with Mayonnaise (page 7) at the side. (Serves 6.)



RAISIN-CARROT SALAD

Combine

- $\frac{1}{2}$ cup Sun-Maid Seedless Raisins**
- 1 cup finely chopped carrots**
- 1 unpeeled apple, diced**
- $\frac{1}{2}$ cup finely chopped celery**
- $\frac{1}{2}$ cup chopped walnuts**
- $\frac{1}{4}$ teaspoon salt**
- Dash cayenne pepper**
- $\frac{1}{4}$ cup Mayonnaise (page 7)**

Chill and serve on lettuce. (Serves 6.)

SOUR CREAM POTATO SALAD

Separate yolks from

3 hard-cooked eggs

Dice egg whites. Combine with

**6 medium potatoes, cooked, diced
(makes 5 cups)**

**½ cup chopped Heinz Preserved
Sweet Midget Gherkins**

2 tablespoons minced onion

½ teaspoon celery seed

2 teaspoons salt

½ teaspoon pepper

Mash yolks. Combine with

¾ cup sour cream

**2 tablespoons Heinz Distilled
White Vinegar**

**1 teaspoon Heinz Prepared Yellow
or Brown Mustard**

**2 tablespoons Mayonnaise
(page 7)**

Mix well. Pour over potato mixture.
Toss lightly. Chill. Sprinkle with
paprika before serving. (Serves 6 to
8.)

WILTED LETTUCE

Break in bite size pieces

Lettuce

Chop

3 slices bacon

Sauté until crisp. Add

3 tablespoons Heinz Cider Vinegar

2 tablespoons water

1 tablespoon sugar

½ teaspoon salt

Dash pepper

Stir until sugar and salt are dis-
solved. Pour hot over lettuce and
mix thoroughly. Serve in vegetable
dishes.

NOTE: If desired, add one medium onion,
sliced.

FRUIT SALADS

► Time was when fruit salads were featured on summer menus only. But here, too, the frozen foods can be used—making fruit salads a treat any season!

► You'll find ideas for decorative main-dish fruit salads—luncheon salads—as well as fruit salads that make tempting accompaniments for entrées.

AVOCADO FRUIT SALAD

Chill

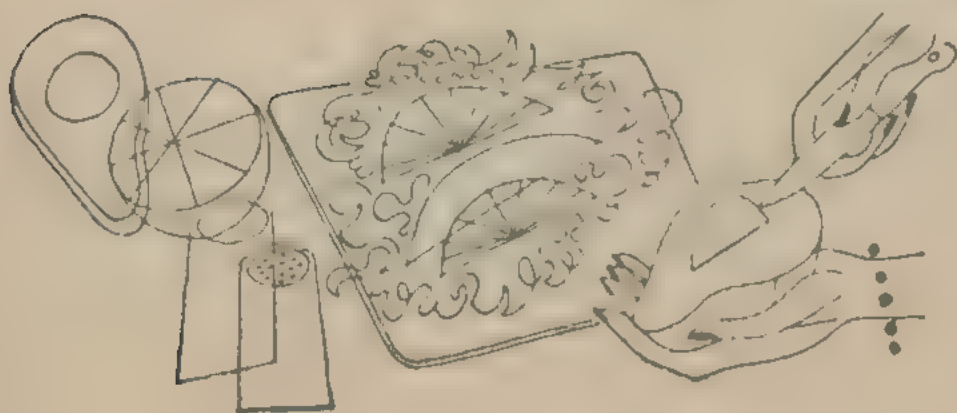
1 avocado

1 to 2 grapefruit

2 to 3 seedless oranges

Peel avocado. Cut in half crosswise, then into thin slices, cutting each slice in half. Peel grapefruit and oranges, cutting away all the white membrane. Remove segments of grapefruit. Slice oranges crosswise, then cut slices in halves. Arrange

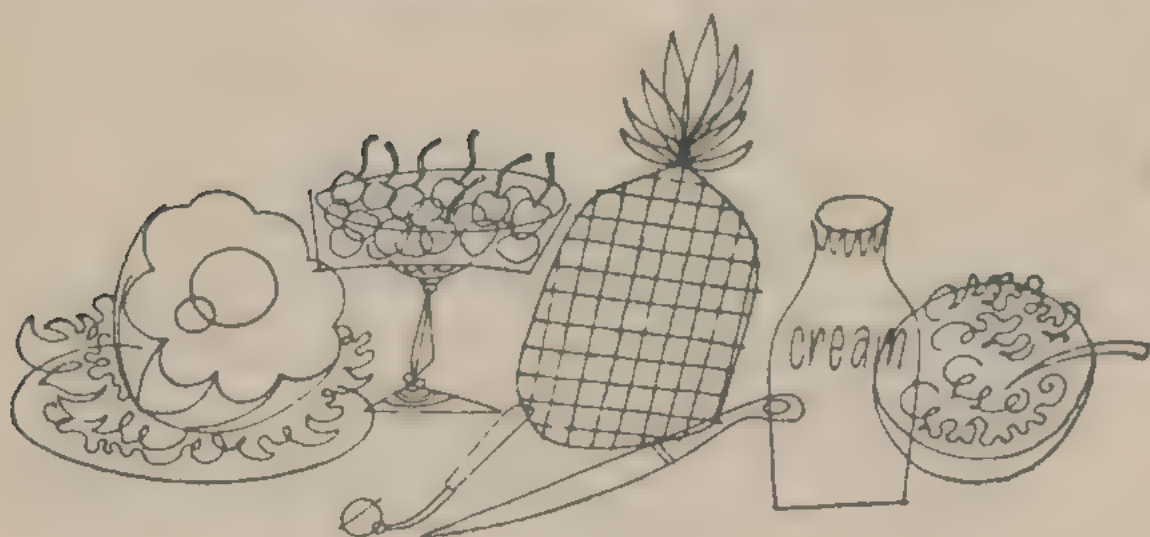
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grapefruit and avocado slices alternately in center of individual salad plates, using 2 to 3 sections each. Surround one side of salad with 3 half slices of orange. Place a cluster of

3 ripe olives

at the opposite side. Surround the whole salad with sprigs of watercress. Serve with Honey French Dressing (page 5). (Serves 5 to 6.)



CANTALOUPE SALAD

Cut in half

1 cantaloupe

Remove seeds. With a French vegetable cutter, remove the melon pulp in little balls. Combine melon balls with

1/2 cup fresh pineapple wedges

1/2 cup Bing cherries, pitted

Pile lightly in lettuce cups. Combine equal amounts of

Whipped cream

Cooked Fruit Salad Dressing
(page 9)

Place a heaping spoonful on each salad. Garnish with a sprig of mint leaves dusted with confectioners' sugar. (Serves 2.)

CRANBERRY RELISH SALAD

Wash and put through food chopper

2 cups cranberries

Quarter, core and put through food chopper

3 apples

Cut, remove seeds and put through food chopper

1 Valencia orange

Add to drained fruit

1 teaspoon lemon rind

1/2 cup English walnuts, broken in pieces

1/2 cup sugar

Mix thoroughly. Chill for several hours. Serve on endive. Garnish with Mayonnaise (page 7). (Serves 2 or 3.)

NOTE: Drained juices may be saved and added to other fruit juices to make a delightful cocktail.

PINEAPPLE SALAD SUPREME

Spread

6 slices canned pineapple

with

1 3-oz. package cream cheese

Decorate each slice pineapple by cutting in quarters and placing half a walnut on each quarter. Place in a lettuce cup. Put a teaspoon of

Heinz Grape Jelly

in center. Garnish at one side with a spoonful of Mayonnaise (page 7) or Cooked Fruit Salad Dressing (page 9). (Serves 6.)



PRUNE 57 SALAD

Combine

- 2** teaspoons Heinz 57 Sauce
- 1** 3-oz. package cream cheese

Mix well. Place cheese mixture in pastry tube.

Fill

- 24** cooked, pitted prunes

Serve 3 to 4 prunes on each individual lettuce cup. (Serves 6 to 8.)

RAI-SUN SALAD

Cream

- 1** 3-oz. package cream cheese

Add

- ¼** cup chopped Sun-Maid Seedless Raisins

Mix well. Place $\frac{1}{3}$ of mixture in center of lettuce leaf.

Arrange

Orange sections

as the rays of the sun around the Raisin mixture. (Serves 3.)

STUFFED PEACH SALAD

Drain

6 peach halves

Combine

½ cup chopped Sun-Maid Seedless Raisins

½ cup apple butter

Place a spoonful of this mixture in the center of each peach half. Garnish each stuffed peach with Mayonnaise (page 7) and serve on lettuce leaf. (Serves 6.)

WALDORF SURPRISE SALAD

Combine and soak for 5 minutes

½ teaspoon Heinz Dehydrated Horse Radish

1 tablespoon water

Add

⅓ cup Mayonnaise (page 7)

Mix well.

Add

½ cup chopped celery
2½ cups unpeeled cubed apples
½ cup Sun-Maid Seedless Raisins
¼ cup nuts

Cover, place in refrigerator and allow to stand at least 1 hour before serving. (Serves 4.)



CHOOSING THE

► Fine vinegar costs so little for salads and home canning—yet makes such a remarkable difference in the results—thrifty homemakers just naturally insist on *Heinz!* Made with the scientific skill and homelike care which characterize the preparation of all the 57 Varieties, Heinz Vinegars are wonderfully clear and aromatic—natural in flavor and color. Rigid hourly tests by food technicians in Heinz Quality Control Laboratories assure their *uniform* strength. Heinz Vinegars are so full-bodied and concentrated you'll find you actually use less to get more flavorful results.

► Heinz makes four vinegars—each destined to serve a special purpose.

Heinz Cider Vinegar — made from the first pressing of sound, juicy apples—has been called the all-purpose vinegar because of the versatile way it blends with so many types of food. You'll find, however, that it lends extraordinary zest to fruit and vegetable salads.

CORRECT VINEGARS

Heinz Malt Vinegar—brewed from choice barley malt—has an unusually rich color and a fine aromatic bouquet. It's the ideal vinegar for heartier salads of meat, seafoods or macaroni, and it adds a welcome pungency to meat or fish sauce.

Heinz Tarragon Vinegar—delicately infused with the piquant tarragon herb—has a fine, winery fragrance. Subtly used, it points up hidden flavors in salads of greens, meat, eggs or fish. (Refrain, by the way, from using it with fruit—since you'll find that the flavors are highly incompatible!)

Heinz Distilled White Vinegar—the kind developed for Heinz own famous pickles and relishes—is a crystal-clear vinegar distilled from corn, rye and barley malt. Its mellow tartness brings out the full flavor of foods without dominating them. And because of its uniform strength, you can always count on Heinz Distilled White Vinegar for best results with your own home pickling and preserving.

MOLDED AND FROZEN SALADS

► These attractive frozen and molded salads are ideal for the maid-less hostess—or the far-sighted woman who strives to avoid the last-minute flurry of preparation. For these salads can be made the day before the party.

► The salads on the following pages are a treat for the eyes as well as the appetite.



CHICKEN NOODLE ASPIC

Combine

- 1 envelope unflavored gelatin
- $\frac{1}{4}$ cup cold water

Let stand for 5 minutes. Heat

- 1 $10\frac{3}{4}$ -oz. can Heinz Condensed Chicken Noodle Soup diluted with an equal quantity of water

Add to gelatin. Stir until dissolved. Cool.

Add

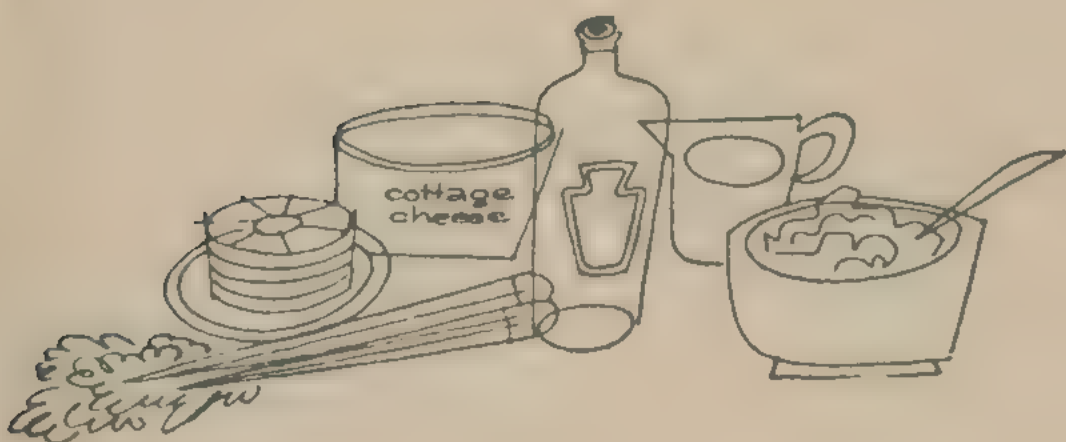
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- 1** tablespoon Heinz Cider Vinegar
- 1/4** cup chopped stuffed olives
- 1/4** cup chopped green pepper
- 1/3** cup diced celery
- 1/4** cup diced carrots

Add enough

Yellow vegetable coloring

to make salad natural color of chicken broth. Pour into mold. Chill until firm. Remove from mold. Serve on lettuce leaves. Top with Mayonnaise (page 7). (Serves 4 to 6.)



COTTAGE CHEESE MOLD

Combine

- 1** envelope unflavored gelatin
- 1/4** cup cold water

Let stand 5 minutes. Add

- 1 1/4** cups hot water

Stir. Cool. When mixture begins to congeal, add

- 2** tablespoons Heinz Cider Vinegar
- 1/3** cup pineapple juice
- 2** cups drained cottage cheese
- 4** slices, diced, cooked or canned pineapple

Mix well. Pour into ring mold. Chill until firm. Remove from mold. Garnish with green celery leaves and Mayonnaise (page 7). (Serves 6 to 8.)

CRANBERRY SALAD

Combine

- 1 3-oz. package strawberry gelatin
- 2 cups hot water

Refrigerate

Put through food chopper

- 2 cups washed cranberries

Add

- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ teaspoon salt
- 1 tablespoon Heinz Distilled White Vinegar
- 1 cup finely chopped celery
- 1 cup chopped walnuts or pecans

When gelatin mixture begins to thicken, add cranberry mixture. Mix well. Pour into molds and chill. Remove from molds. Serve on lettuce. (Serves 6 to 8.)

FROZEN FRUIT SALAD

Combine

- 1 cup diced or crushed pineapple
- 1 banana, sliced
- 1 cup sliced peaches
- $\frac{1}{2}$ cup seedless grapes, cut in halves
- 1 cup Maraschino cherries, cut in halves
- 18 marshmallows, quartered
- $\frac{1}{4}$ cup shredded blanched almonds
- Salt to taste
- Sugar, if desired
- $\frac{1}{2}$ cup Mayonnaise (page 7)

Fold in

- $\frac{1}{2}$ cup whipping cream, whipped

Pour into freezing trays of refrigerator and freeze until solid. Cut into cubes or oblongs. Serve on lettuce leaves with Mayonnaise (page 7). (Serves 12.)

KETCHUP ASPIC

Combine

- 2 envelopes unflavored gelatin
- $\frac{1}{2}$ cup cold water

Let stand 5 minutes. Add

- 2 cups hot water

Dissolve. Add

- 1 cup Heinz Tomato Ketchup
- 1 teaspoon Heinz Worcestershire Sauce

Stir until thoroughly blended. Pour in mold. Chill until firm. (Serves 6.)

NOTE: Chopped vegetables may be added when mixture begins to jell.



ORANGE GINGER ALE SALAD

Combine

- 2 envelopes unflavored gelatin
- $\frac{1}{2}$ cup cold water
- 1 tablespoon sugar

Let stand 5 minutes. Dissolve over boiling water. Add

- $\frac{3}{4}$ cup ginger ale.
- 1 cup orange juice
- 1 teaspoon lemon juice

Chill. When slightly thickened, fold in

- 1 $\frac{1}{2}$ cups diced assorted fruit (oranges, apples, grapes, pears and canned pineapple)
- $\frac{1}{4}$ cup finely chopped nuts (optional)

Turn into ring mold or individual molds. Chill until firm. Remove from mold. Serve on salad greens. (Serves 6.)

PERFECTION SALAD

Combine

- 1 envelope unflavored gelatin
- $\frac{1}{2}$ cup cold water

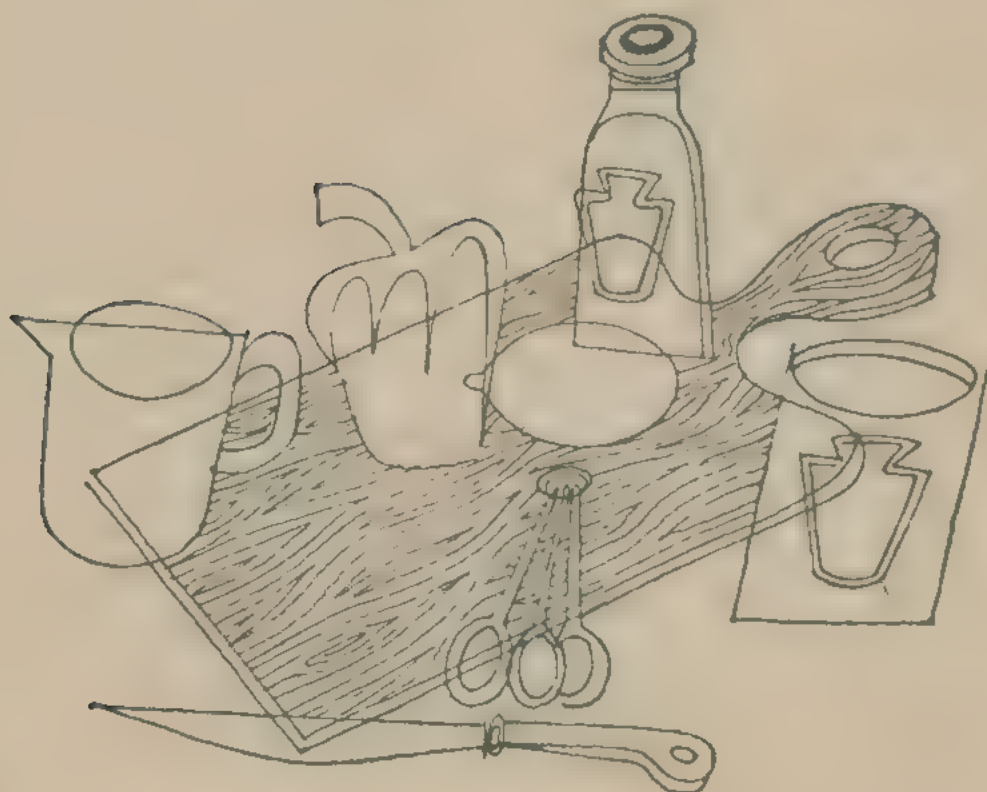
Let stand 5 minutes. Add

- $\frac{1}{2}$ cup hot water

Dissolve. Add

- 1 $10\frac{3}{4}$ -oz. can Heinz Condensed Chicken Noodle Soup, undiluted
- 2 tablespoons Heinz Distilled White Vinegar
- 1 tablespoon lemon juice
- $\frac{1}{4}$ cup sugar
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ cup finely grated cabbage
- 1 cup chopped celery
- 2 tablespoons chopped green pepper
- 2 tablespoons chopped pimiento

Mix thoroughly. Pour into individual ring molds. Chill. When firm, remove from mold. Serve on lettuce with cottage cheese in center of molds. (Serves 6.)



MEAT AND MAIN-DISH SALADS

► Next time you're in a cafeteria line, notice the way the men go for the heartier meat and main-dish salads! Take your cue from this and serve these substantial salads at home. Fortified with hot bread and a beverage, they make a satisfying meal.

► These salads are exceptionally popular with the lady-of-the-house, too, because they're not only easy to fix but they're a splendid way to use leftovers.



CHICKEN, GREEN PEA AND CUCUMBER SALAD

Combine, mixing lightly

- 3 cups diced cooked chicken
- 1 cup cooked fresh peas
- 1 cup diced or sliced cucumber
- ½ cup diced celery
- 1 teaspoon salt

Moisten with

Mayonnaise (page 7)

Garnish with Heinz Fresh Cucumber Pickle. (Serves 6 to 8.)

CHICKEN SALAD

Combine

- 3 cups** diced cooked chicken
- 2 cups** chopped celery
- ½ cup** chopped Heinz Preserved Sweet Gherkins
- 1 teaspoon** salt

Slice

- 2 hard-cooked eggs**

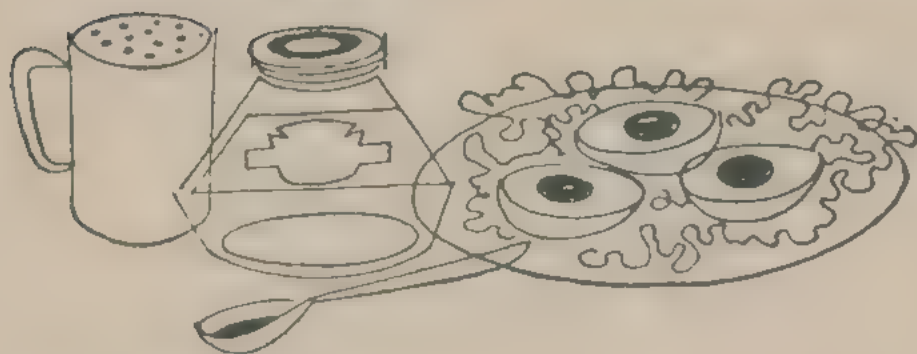
reserving three or four slices for garnishing. Add to chicken mixture. Sprinkle with

- 1 teaspoon** lemon juice

Moisten with

Mayonnaise (page 7)

Mound in salad bowl on bed of crisp lettuce. Cover top with Mayonnaise. Garnish with capers and slices of egg. (Serves 6 to 8.)



DEVILED EGGS

Cut in half lengthwise

- 2 hard-cooked eggs**

Remove yolks and combine with

- 1 tablespoon** Heinz Prepared Yellow Mustard

Place in egg whites and sprinkle with paprika. Serve on lettuce cups garnished with Heinz Fresh Cucumber Pickle. (Serves 2.)

NOTE: To dress up deviled egg, flute by cutting saw-tooth fashion lengthwise of egg with tip of paring knife.

HOT POTATO SALAD WITH FRANKFURTERS

Sauté until crisp; drain and break into small pieces

4 slices bacon

Sauté in bacon fat until delicately browned

½ cup finely chopped onions

5 to 6 frankfurters, thinly sliced

Add

**⅓ cup Heinz Distilled White
Vinegar**

2 hard-cooked eggs, chopped

6 medium potatoes, cooked, diced

1½ teaspoons salt

Dash pepper

Heat thoroughly. Add bacon. Serve on platter garnished with fresh spinach. (Serves 6.)

ITALIAN SALAD BOWL

Julienne

1 lb. lean cooked beef

¼ lb. cooked ham

¼ lb. cooked tongue

2 celery hearts

1 medium carrot

1 green pepper

Combine. Add

1 onion, sliced

Few sprigs watercress, chopped

Few sprigs parsley, chopped

Salt and pepper to taste

Moisten with

**2 teaspoons Heinz Prepared Yellow
Mustard**

French Dressing (page 5)

Let stand several hours. Mound in a salad bowl. Serve with Italian bread sticks. (Serves 6.)

SEAFOOD SALAD BOWL

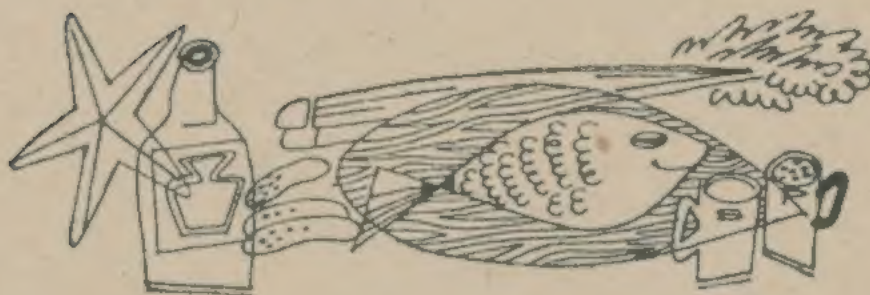
Combine

- 2 cups flaked cooked fish
- 1 cup diced cooked potatoes
- $\frac{1}{2}$ cup diced celery
- $\frac{1}{4}$ cup chopped Heinz Fresh Cucumber Pickle
- 1 teaspoon salt
- Dash pepper

Combine

- $\frac{1}{3}$ cup salad oil
- $\frac{2}{3}$ cup Heinz Fresh Cucumber Pickle liquid

Add to fish mixture. Marinate several hours in refrigerator. Drain. Arrange in salad bowl with plenty of crisp greens. Garnish or mix with Russian Dressing (page 9). (Serves 4.)



TOMATO LUNCHEON SALAD

Combine

- 4 Heinz Preserved Sweet Pickles, sliced
- 4 hard-cooked eggs, diced
- 2 cups corned beef, broken into pieces
- $\frac{2}{3}$ cup diced celery

Moisten with

Mayonnaise (page 7)

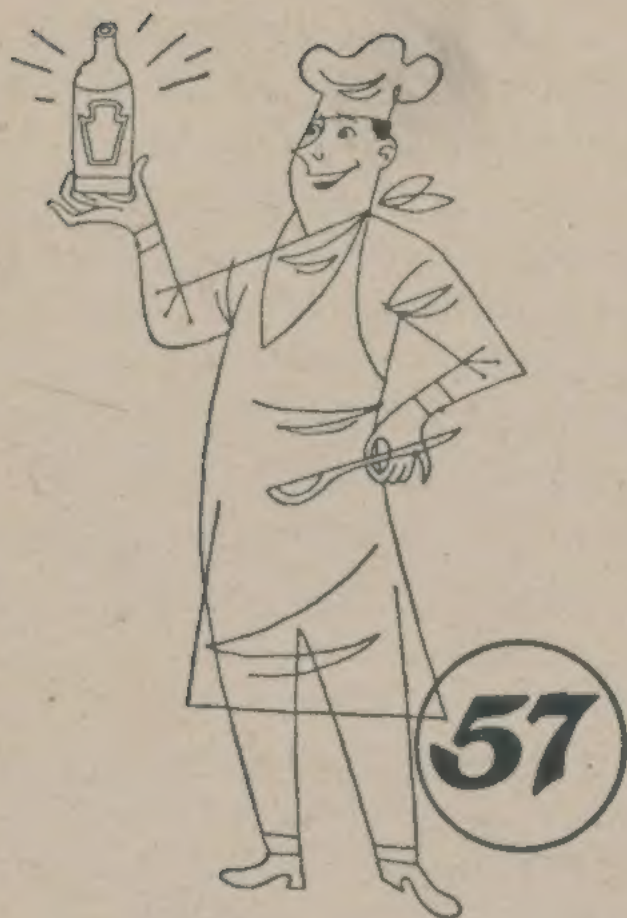
Chill. Blanch and peel

- 6 medium tomatoes

Cut in four sections keeping attached at stem end. Place in crisp lettuce cup. Separate tomato sections and serve meat mixture in center of tomato "petals." (Serves 6.)

HINTS

- ▶ *To insure freshness of salads in torrid weather*—chill salad plates in refrigerator before serving salad.
- ▶ *To wash lettuce*—remove core with knife. Let water from faucet flow into head and force the leaves apart.
- ▶ *To skin tomatoes*—stick sharp fork through stem end of tomato. Plunge in boiling water for a few seconds. Dip in cold water. With tip of paring knife break skin and peel. If desired, hold tomato over gas flame to make easy to peel.
- ▶ *To make radish roses*—cut well through the skin into the radish from the top to stem and making 6 to 8 cuts. Cut back the petals thus formed, making sure petals are thick enough not to break easily. And here's an interesting trick: make $\frac{1}{8}$ -inch parallel-vertical cuts almost to top of radish. Place in ice water for an hour or more.
- ▶ *To hard-cook eggs*—place in cold water. Cover. Bring to boil and turn off heat. Let stand 20 minutes. Rinse well in cold water. This prevents the dark green discoloration around yolks.
- ▶ *To marinate*—sprinkle vegetables, meat, fish, or fruits with French Dressing or other dressing, tossing as they are sprinkled. Use just enough dressing to coat food. Let stand in refrigerator an hour or so to chill.
- ▶ *To prevent discoloration of peeled fruits*—sprinkle with Heinz Distilled White or Cider Vinegar which has been diluted with water.



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